

# Raleigh Parks & Recreation Junior Tennis

Spring 2013



## Junior Instruction

## Junior Competition

### Tennis Jr. Tiny Tots

Age: 4-6yrs. Eye-hand coordination games + fine motor skills are the focus of this fun intro class.

Class Fee: \$48 Weekday/ \$24 Sat.

#### Millbrook Exchange Tennis Center

#136247 Mar 9-Apr 27 Sa 11:00-11:30am  
#136248 Mar 9-Apr 27 Sa 11:30am-12:00pm  
#136244 Mar 11-Apr 24 M,W 4:00-4:30pm  
#136245 Mar 11-Apr 24 M,W 4:30-5:00pm  
#136246 Mar 12-Apr 25 T,Th 5:00-5:30pm

#### Lake Lynn Community Center

#136240 Mar 11-Apr 24 M,W 5:30-6:00pm  
#136241 Mar 12-Apr 25 T,Th 4:30-5:00pm

### Tennis Jr. Level 1

Age: 6-18yrs. No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Class Fee: \$96 Weekday/ \$48 Saturday

#### Ages 6-8

#### Millbrook Exchange Tennis Center

#136283 Mar 9-Apr 27 Sa 9:00-10:00am  
#136284 Mar 9-Apr 27 Sa 10:00-11:00am  
#136290 Mar 9-Apr 27 Sa 11:00am-12:00pm  
#136279 Mar 11-Apr 24 M,W 5:00-6:00pm  
#136280 Mar 11-Apr 24 M,W 6:00-7:00pm  
#136282 Mar 12-Apr 25 T,Th 5:00-6:00pm  
#136255 Mar 12-Apr 25 T,Th 6:00-7:00pm

#### Lake Lynn Community Center

#136288 Mar 9-Apr 20 Sa 10:00-11:00am  
#136286 Mar 11-Apr 24 M,W 4:30-5:30pm

#### Ages 9-18

#### Millbrook Exchange Tennis Center

#136292 Mar 9-Apr 27 Sa 9:00-10:00am  
#136291 Mar 9-Apr 27 Sa 10:00-11:00am  
#136285 Mar 9-Apr 27 Sa 11:00am-12:00pm  
#136254 Mar 11-Apr 24 M,W 4:00-5:00pm  
#136297 Mar 11-Apr 24 M,W 5:00-6:00pm  
#136296 Mar 11-Apr 24 M,W 6:00-7:00pm  
#136295 Mar 12-Apr 25 T,Th 4:00-5:00pm  
#136294 Mar 12-Apr 25 T,Th 5:00-6:00pm  
#136293 Mar 12-Apr 25 T,Th 6:00-7:00pm

#### Lake Lynn Community Center

#136289 Mar 9-Apr 20 Sa 11:00am-12:00pm  
#136287 Mar 12-Apr 25 T,Th 5:00-6:00pm

#### Ages 6-18

#### Biltmore Hills Community Center

#136278 Mar 12-Apr 25 T,Th 4:30-5:30pm

#### Kentwood Park

#136270 Mar 9-Apr 20 Sa 9:00-10:00am  
#136269 Mar 11-Apr 24 M,W 5:00-6:00pm

#### Lions Park Community Center

#136274 Mar 9-Apr 20 Sa 9:00-10:00am  
#136273 Mar 12-Apr 25 T,Th 5:00-6:00pm

### Tennis Jr. Level 2

Age: 8-18yrs. Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand, backhand, full swing serve, overhead, and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match.

Fee: \$96 Weekday/ \$48 Saturday

#### Ages 8-10

#### Millbrook Exchange Tennis Center

#136372 Mar 9-Apr 27 Sa 9:00-10:00am  
#136373 Mar 9-Apr 27 Sa 10:00-11:00am  
#136374 Mar 11-Apr 24 M,W 5:00-6:00pm  
#136375 Mar 12-Apr 25 T,Th 5:00-6:00pm

#### Ages 11-18

#### Millbrook Exchange Tennis Center

#136378 Mar 9-Apr 27 Sa 10:00-11:00am  
#136379 Mar 9-Apr 27 Sa 9:00a-10:00am  
#136363 Mar 11-Apr 24 M,W 4:00-5:00pm  
#136376 Mar 12-Apr 25 T,Th 4:00-5:00pm

#### Ages 8-18

#### Lake Lynn Community Center

#136370 Mar 12-Apr 25 T,Th 4:00-5:00pm

### Tennis Jr. Level 3

Age: 10-18yrs. Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve.

Class Fee: \$96 Weekday/ \$48 Saturday

#### Millbrook Exchange Tennis Center

#### Ages 8-10

#136424 Mar 11-Apr 24 M,W 5:00-6:00pm

#### Ages 11-18

#136429 Mar 9-Apr 27 Sa 11:00am-12pm  
#136425 Mar 12-Apr 25 T,Th 4:00-5:00pm

### USTA Jr. Team Tennis

Age: 6-18yrs. Come to try outs Tuesday, February 5th, or Wednesday, February 6th at 4:30pm at Millbrook Exchange Tennis Center to be placed on a team. 8U/10U practices are Friday 5-6:30pm and matches are Sat 9-10:30am, 12U/14U/18U practices run once a week after school and matches are on Saturday mornings at 10:30am, 12pm or 1:30pm. Matches start March 9th and the end of season tournament is May 3rd-5th. Players must also pay USTA annual membership (\$20) + local league fee (\$10). Fees include a team shirt, Smash Tennis Magazine, access to tournaments + a first time tournament fee voucher. Age is based on August 31, 2013. **Millbrook Tennis Center**—Course Fee: \$60

#136526	<b>8U Beginner</b>	#136532	<b>12U Silver</b>
#136527	<b>8U Intermediate</b>	#136533	<b>14U Bronze</b>
#136528	<b>10U Beginner</b>	#136534	<b>14U Silver</b>
#136529	<b>10U Intermediate</b>	#136535	<b>18U Silver</b>
#136530	<b>10U Advanced</b>	#136536	<b>18U Gold</b>
#136531	<b>12U Bronze</b>	#136537	<b>18U Top 80</b>

### Tennis Jr. Tournament Team

Age: 8-18yrs. This group will workout and train for tournaments with the intention of establishing or improving their state ranking. Players will be encouraged to do additional training on their own with other team members and to attend USTA/ North Carolina Level 5 Futures tournaments.

**Lake Lynn.** Class Fee: \$144

#136432 Mar 12 - Apr 25 T,Th 7:00-8:30pm

To check for weather related cancelations, visit [www.raleightennis.com](http://www.raleightennis.com). Click "City Programs"

**For more information about Raleigh Parks and Recreation Tennis, please call 919-872-4129.**

# Raleigh Parks & Recreation Adult Tennis

Spring 2013

## Adult Instruction

### Adult Level 1

Age: 18yrs and up. No experience needed! Forehand + backhand groundstrokes, volleys, overhead, serve, scorekeeping and the rules. To graduate to level 2, players must be able to serve from the baseline, keep score + play a full court set. Fee: \$96 Weekday/ \$48 Sat

#### Millbrook Exchange Tennis Center

#136090 Mar 9-Apr 27 Sa 9:00-10:00am  
#136096 Mar 11-Apr 24 M,W 10:00-11:00am  
#136072 Mar 11-Apr 24 M,W 6:00-7:00pm  
#136091 Mar 11-Apr 24 M,W 7:00-8:00pm  
#136092 Mar 12-Apr 25 T,Th 11:00am-12:00pm  
#136093 Mar 12-Apr 25 T,Th 7:00-8:00pm

#### Lake Lynn Community Center

#136095 Mar 9-Apr 20 Sa 9:00-10:00am  
#136094 Mar 11-Apr 24 M,W 6:00-7:00pm

#### Kentwood Park

#136081 Mar 9-Apr 20 Sa 10:00-11:00am  
#136080 Mar 11-Apr 24 M,W 6:00-7:00pm

#### Lions Park

#136085 Mar 9-Apr 20 Sa 10:00-11:00am  
#136084 Mar 12-Apr 25 T,Th 6:00-7:00pm

#### Biltmore Hills Community Center

#136088 Mar 12-Apr 25 T,Th 5:30-6:30pm

### Adult Level 2.0/2.5 Drills

Age: 18yrs and up. Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set or have an NTRP 2.0 or 2.5 rating. To pass, players must be at the 3.0 level. Fee: \$96 Weekday/\$48 Sat

#### Millbrook Exchange Tennis Center

#136146 Mar 9-Apr 27 Sa 10:00-11:00am  
#136150 Mar 11-Apr 24 M,W 11:00am-12:00pm  
#136147 Mar 11-Apr 24 M,W 6:00-7:00pm  
#136140 Mar 12-Apr 25 T,Th 10:00-11:00am  
#136148 Mar 12-Apr 25 T,Th 7:00-8:00pm

#### Lake Lynn Community Center

#136149 Mar 12-Apr 25 T,Th 6:00-7:00pm

### Adult Level 3.0 Drills

Age: 18yrs and up. Must be at the NTRP 3.0 level or have full swing strokes during match play to enter this class. This drills class may include topspin, underspin + slice serving. To advance, players must be at the 3.5 level or be able to hit topspin+underspin and slice serves. Fee: \$96 Weekday/ \$48 Saturday

#### Millbrook Exchange Tennis Center

#136155 Mar 9-Apr 27 Sa 11:00am-12:00pm  
#136153 Mar 11-Apr 24 M,W 7:00-8:00pm  
#136154 Mar 12-Apr 25 T,Th 6:00-7:00pm

#### Lake Lynn Community Center

#136159 Mar 11-Apr 24 M,W 8:00-9:00pm

### Adult Level 3.5 Drills

Age: 18yrs and up. Must be at the NTRP 3.5 level or able to hit topspin+underspin on ground-strokes, underspin volleys and slice serves. This is a class which will work on all of your strokes. To graduate, you must be 4.0 level. Fee: \$96 Weekday/ \$48 Sat

#### Millbrook Exchange Tennis Center

#136162 Mar 9-Apr 27 Sa 12:00-1:00pm  
#136161 Mar 12-Apr 25 T,Th 6:00-7:00pm

### Adult Level 4.0/4.5 Drills

Age: 18yrs and up. Must be at the 4.0 level or higher or able to hit topspin and underspin during matches. This is a drills class which has less instruction and more drilling. We don't work on your technique; we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run. Fee: \$96

#### Millbrook Exchange Tennis Center

#136165 Mar 11-Apr 24 M,W 7:00-8:00pm

### Adult Cardio – All Levels

Age: 18yrs and up. Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class. **Millbrook Exchange Tennis Center: Class Fee: \$48**

#136167 Mar 12-Apr 23 T 9:00-10:00am  
#136168 Mar 14-Apr 25 Th 9:00-10:00am  
#136169 Mar 15-May 3 F 9:00-10:00am

## Adult Competition

### Singles Ladder

Age: 18yrs and up. Recreational singles ladder play for all levels. Participants play challenge matches for points. Players may join the ladder anytime. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. **Millbrook Tennis Center.** Course Fee: \$24 Mar 4-May 6; Coed ends May 13.

#135892 **Women's 2.5** #135889 **Men's 3.0**  
#135893 **Women's 3.0** #135896 **Men's 3.5**  
#135894 **Women's 3.5** #135890 **Men's 4.0**  
#136610 **Women's 4.0/4.5** #135891 **Men's 4.5**  
#135888 **Coed Open**

### Women's Morning Quadrants

Age: 18yrs and up. All matches are at Millbrook Exchange Tennis Center. Each week there will be 8 courts or more of doubles matches. A player will play a total of 24 games in a round robin format—8 games with each of the 3 other players as a partner. The results will be used to adjust positions for the following week. The player with the most games won will move up and the player with the fewest will move down a quad. All players are responsible for being present or having a substitute present. New balls will be provided each week. **Millbrook Tennis Center.** Class Fee: \$40

#136175 Mar 6-May 15 W 9:30-11:30am

### Free Play for Seniors

Age: 55yrs and up. Free organized play for senior tennis players at Millbrook Exchange Tennis Center. Held throughout the year, this is a drop-in mixer with all levels of play. Simply show up and play. Free

#### Millbrook Exchange Tennis Center

#136177 Jan 3-Apr 29 M,Th 9:00am-12:00pm

### Free Play for Adults

Age: 18yrs and up. Free play for adults are held at Biltmore Hills Tennis Courts on Tuesday and Thursday evenings throughout the year at 6:30pm. This is a drop-in program which is organized by the Ebony Racquet Club, for all levels of play, simply show up and play. Free

#### Biltmore Hills Community Center

#136178 Jan 7-Apr 29 T, Th 6:30-9:00pm

**New Policy Changes - NO RAIN MAKEUPS!** Class length is now 7 weeks instead of 6 and there are no rain makeups.

The fee is still based on a 6 week class.

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